



**American
Red Cross**

Level 1 – Introduction to Water Skills

Instructor: _____

Date: _____

Student's Name

	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Water Entry and Exit										
Enter and exit water safely using ladder, steps or side										
Breath Control and Underwater Swimming										
Submerge mouth, nose and eyes										
Blow bubbles through mouth and nose										
Open eyes underwater, pick up a submerged object held at arms length										
Buoyancy on Front										
Maintain front float position (face in or out of water)										
Recover from front float to standing position										
Buoyancy on Back										
Maintain back float position										
Recover from back float to standing position										
Changing Direction and Position										
Change direction of travel while walking or paddling										
Roll over from front to back										
Roll over from back to front										
Treading										
Explore arm and hand movements										
Swim on Front										
Alternating arm action										
Simultaneous arm action										
Alternating leg action										
Simultaneous leg action										
Combined stroke on front (any arm and leg action)										
Swim on Back										
Alternating arm action										
Simultaneous arm action										
Alternating leg action										
Simultaneous leg action										
Combined stroke on back (any arm and leg action)										
General and Personal Water Safety										
Water safety rules										
How to use a life jacket										
Wearing a life jacket in the water										
Helping Others										
How to recognize a swimmer in distress										
How to get help										
Exit Skills										
Exit Skill 1										
Exit Skill 2										

Exit Skills Assessment:

1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim.")
2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.



**American
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Level 2 – Fundamental Aquatic Skills

Instructor: _____

Date: _____

Student's Name

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Water Entry and Exit

Enter water by stepping or jumping from the side

Exit water safely using ladder or side

Breath Control and Underwater Swimming

Submerge entire head

Bobs

Open eyes underwater, pick up a submerged object

Buoyancy on Front

Maintain front float position (face in water)

Recover from front float to standing position

Front glide

Float in face-down position (jellyfish float)

Buoyancy on Back

Maintain back float position

Recover from back float to standing position

Back glide

Changing Direction and Position

Change direction of travel paddling on front or back

Roll over from front to back

Roll over from back to front

Treading

Using arm and leg motions

Swim on Front

Combined arm and leg actions on front

Swim on Back

Finning arm action

Sculling arm action

Combined arm and leg actions on back

Swim on Side

Alternating leg action

Simultaneous leg action

General and Personal Water Safety

Water safety rules

How to use a life jacket

Move in the water while wearing a life jacket

Helping Others

How to recognize a swimmer in distress

How to get help

Exit Skills

Exit Skill 1

Exit Skill 2

Exit Skills Assessment:

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.
2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.



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Level 3 – Stroke Development

Instructor: _____

Date: _____

Student's Name

	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Water Entry and Exit										
Jump into deep water from the side										
Head-first entry from sitting or kneeling position										
Breath Control and Underwater Swimming										
Submerge and retrieve and object										
Bobs with the head fully submerged										
Rotary breathing										
Buoyancy on Front										
Front glide—kick one										
Front glide—kick two										
Survival float										
Buoyancy on Back										
Back glide—kick one										
Back glide—kick two										
Back float										
Changing Direction and Position										
Change from vertical to horizontal position on front										
Change from vertical to horizontal position on back										
Treading										
Tread water										
Swim on Front										
Front crawl										
Butterfly—kick and body motion										
Swim on Back										
Back crawl										
General and Personal Water Safety										
General water safety rules										
Rules for safe diving										
Enter the water wearing a life jacket										
HELP position										
Huddle position										
Helping Others										
Reaching assist										
Check-Call-Care										
Exit Skill										
Exit Skill 1										

Exit Skills Assessment:

1. Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.



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Level 4 – Stroke Improvement

Instructor: _____

Date: _____

Student's Name

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Water Entry and Exit

Dive from compact or stride position

Breath Control and Underwater Swimming

Swim underwater (no hyperventilation)

Feet-first surface dive

Buoyancy on Front

Survival float

Buoyancy on Back

Back float

Changing Direction and Position

Open turn on front, push off in streamlined position

Open turn on back, push off in streamlined position

Treading

Tread water using scissors, breaststroke or rotary kick and sculling arm motions

Swim on Front

Front crawl

Breaststroke

Butterfly

Swim on Back

Back crawl

Elementary backstroke

Swim on Side

Swim on side with scissors kick

General and Personal Water Safety

Additional rules for safe diving

Compact jump from height while wearing a life jacket

Helping Others

Throwing assist

Care for conscious choking victim

Exit Skills

Exit Skill 1

Exit Skill 2

Exit Skills Assessment:

1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.



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Level 5 – Stroke Refinement

Instructor: _____

Date: _____

Student's Name

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Water Entry and Exit

Shallow dive from the side

Shallow dive, glide two body lengths, begin any front stroke

Breath Control and Underwater Swimming

Swim underwater (no hyperventilation)

Tuck surface dive

Pike surface dive

Buoyancy on Front

Survival float

Buoyancy on Back

Back float

Changing Direction and Position

Flip turn while swimming on front

Flip turn while swimming on back

Treading

Tread water—kick one

Tread water—kick two

Swim on Front

Front crawl

Butterfly

Breaststroke

Swim on Back

Back crawl

Elementary backstroke

Swim on Side

Sidestroke

General and Personal Water Safety

Survival swimming

Helping Others

Rescue breathing

Exit Skills

Exit Skill 1

Exit Skill 2

Exit Skills Assessment:

1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.



**American
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Level 6 – Fitness Swimmer

Instructor: _____

Date: _____

Student's Name

	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Cooper 12-minute swim pre-assessment										
Endurance Skills										
Front crawl										
Back crawl										
Breaststroke										
Elementary backstroke										
Sidestroke										
Butterfly										
Turns										
Front crawl open turn										
Sidestroke open turn										
Backstroke open turn										
Front flip turn										
Breaststroke turn										
Butterfly turn										
Backstroke flip turn										
New Skills and Information										
Demonstrate etiquette in fitness swimming										
Use a pace clock										
Use a pull buoy while swimming										
Use fins while swimming										
Use paddles while swimming										
Describe the principles of setting up a fitness program										
Demonstrate various training techniques										
Calculate target heart rate										
Apply principles of water exercise										
Exit Skills										
Exit Skill 1										
Exit Skill 2										

Exit Skills Assessment:

1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
2. Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.



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Level 6 – Personal Water Safety

Instructor: _____

Date: _____

Student's Name

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10.

Endurance Skills

Front crawl

Back crawl

Breaststroke

Elementary backstroke

Sidestroke

Butterfly

Turns

Front crawl open turn

Sidestroke open turn

Backstroke open turn

Front flip turn

Breaststroke turn

Butterfly turn

Backstroke flip turn

Review Skills and Information

HELP position

Huddle position

Feet-first surface dive

Pike surface dive

Tuck surface dive

New Skills and Information

Tread water

Tread water, kicking only

Surface dive and retrieve an object from the bottom

Survival float

Back float

Survival swimming

Self-rescue techniques while clothed

Swimming while clothed

Basic safety rules for open water

Basic rules for boating

Exit Skills

Exit Skill 1

Exit Skill 2

Exit Skill 3

Exit Skills Assessment:

1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
3. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point.



**American
Red Cross**

Level 6 – Lifeguard Readiness

Instructor: _____

Date: _____

Student's Name

	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Endurance Skills										
Front crawl										
Back crawl										
Breaststroke										
Elementary backstroke										
Sidestroke										
Butterfly										
Turns										
Front crawl open turn										
Sidestroke open turn										
Backstroke open turn										
Front flip turn										
Breaststroke turn										
Butterfly turn										
Backstroke flip turn										
Review Skills and Information										
Feet-first surface dive										
Pike surface dive										
Tuck surface dive										
Check-Call-Care										
Call for emergency help										
Care for conscious choking victim										
Reaching assist										
Throwing assist										
Rescue breathing										
New Skills and Information										
Tread water										
Tread water, kicking only										
Compact jump from height with rescue tube										
Front crawl with rescue tube trailing										
Breaststroke with rescue tube trailing										
Surface dive and retrieve object from bottom										
Swim on back holding object (face out of water)										
Wading assist with equipment										
Walking assist										
Beach drag										
Hip and shoulder support										
Head splint										
Using a backboard										
Two-person removal from water										
Exit Skills										
Exit Skill 1										
Exit Skill 2										

Exit Skills Assessment:

- Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
- Swim 20 yards using front crawl or breaststroke to a depth of 7 to 10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back on the back or side to the starting point with the object (student must hold object with both hands and keep his or her face out of the water).




**American
Red Cross**

Level 6 – Fundamentals of Diving

Instructor: _____

Date: _____

<div><div>American Red Cross</div></div> <div>Level 6 – Fundamentals of Diving</div> <div>Instructor: _____ Date: _____</div>	Student's Name										
		1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Endurance Skills											
Front crawl											
Back crawl											
Breaststroke											
Elementary backstroke											
Sidestroke											
Butterfly											
Turns											
Front crawl open turn											
Sidestroke open turn											
Backstroke open turn											
Front flip turn											
Breaststroke turn											
Butterfly turn											
Backstroke flip turn											
New Skills and Information											
Basic stretching exercises for diving											
Dive from side from kneeling and compact positions											
Dive from side from stride and standing positions											
Forward dive fall in from diving board											
Approach and hurdle											
Forward jump, tuck position											
Forward dive, tuck position											
Forward dive, pike position											
Exit Skills											
Exit Skill 1											
Exit Skill 2											
Exit Skill 3											

Exit Skills Assessment:

1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
2. Perform a front approach and hurdle with a feet-first entry from a 1-meter springboard.
3. Perform a front approach and hurdle with a head-first entry from a 1-meter springboard.